



San-Mateo Foster City Elementary SD

(REC01040401) Adda Veggie Ragù	Total Carbohydrate (g)	
	Recipe	Serving 9oz
Carrots, Shredded	95.5991	3.9833
Marinara Sauce Bulk	217.7242	9.0718
Water - AP, DRINKING, BEVERAGES, H2O	0	0
Penne Dry Pasta	737.9998	30.75
Adda Veggie Dry	8.0001	0.3333
Oil - Olive	0	0
	<b>1059.3232</b>	<b>44.1385</b>

\* Total includes one or more missing nutrient data.

(F16211621 2) Bean and Cheese Pupusa GF	Total Carbohydrate (g)	
	Recipe	Serving 2 each
Bean and Cheese Pupusa GF	35	70
	<b>35</b>	<b>70</b>

\* Total includes one or more missing nutrient data.

(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Garlic Powder	7.0548	0.0277
Corn, Canned, Drained	2198.4924	8.6215
Onion Powder	5.4593	0.0214
Beans, Kidney	673.1311	2.6397
Black Beans	1959.519	7.6844
Vinegar - Red Wine	1.3778	0.0054
Vinegar - Rice	0	0
Red Onion	84.731	0.3323
Beans, Garbanzo	1252.4593	4.9116
Oil - Olive	0	0
Salt, Granulated Iodized	0	0
	<b>6182.2246</b>	<b>24.244</b>

\* Total includes one or more missing nutrient data.



(REC08152004) Beef Hot Dog on a WW Bun	Total Carbohydrate (g)	
	Recipe	Hot Dog
Bun, Hotdog 144ct	24.1579	24.1579
Beef Franks (hotdogs) CC	0	0
	<b>24.1579</b>	<b>24.1579</b>

\* Total includes one or more missing nutrient data.

(F3800) Bread Cheese Stick - Bosco	Total Carbohydrate (g)				
	Recipe	1 elementary serving=2pc	1 MS Serving = 3pc	1 PS serving = 1pc	X1 Elem Serving = 2 pc
Bread Cheese Stick - Bosco	17	33.815	50.7225	16.9075	33.815
	<b>17</b>	<b>33.815</b>	<b>50.7225</b>	<b>16.9075</b>	<b>33.815</b>

\* Total includes one or more missing nutrient data.

(R3100) Carrot, Baby IW 2.6oz	Total Carbohydrate (g)	
	Recipe	Bag 2.6oz
Carrot, Baby IW 2.6oz	0.2142	6.0736
	<b>0.2142</b>	<b>6.0736</b>

\* Total includes one or more missing nutrient data.

(F0801131) Cheese burgers, Mini Twin Pack Ballpark IW	Total Carbohydrate (g)	
	Recipe	Each
Cheese burgers, Mini Twin Pack Ballpark IW	40	40
	<b>40</b>	<b>40</b>

\* Total includes one or more missing nutrient data.

(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Chicken , diced	0	0
Alfredo Sauce RF	7.1803	7.1803
Penne Dry Pasta	41	41
	<b>53.8502</b>	<b>53.8502</b>

\* Total includes one or more missing nutrient data.



(REC0015) Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty - Breaded - Sub	12	12
Potato, Fries Crinkle - Gluten Free Seasoned	16.8029	16.8029
	<b>70.6064</b>	<b>70.6064</b>

\* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with FF	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Potato, Fries Crinkle - Gluten Free Seasoned	29.3501	29.3501
	<b>52.3501</b>	<b>52.3501</b>

\* Total includes one or more missing nutrient data.

(F030809) Chimichanga, Beef and Cheese IW	Total Carbohydrate (g)	
	Recipe	Each
Chimichanga, Beef and Cheese IW	43	43
	<b>43</b>	<b>43</b>

\* Total includes one or more missing nutrient data.

(D41800) Dressing, Buttermilk Ranch, 12 g	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g	8.517	1.022
	<b>8.517</b>	<b>1.022</b>

\* Total includes one or more missing nutrient data.



(REC022118 1) Fajita Chicken Burrito Bowl w/Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.1417	0.1417
Chips Tortilla Rounds	30	30
Mexican Red Rice	15.8137	15.8137
Chicken, Fajita Strips	0	0
Cheese Mozzarella Shredded Bulk	0.5	0.5
Beans, Pinto LS	18.0048	18.0048
	<b>64.4602</b>	<b>64.4602</b>

\* Total includes one or more missing nutrient data.

(R3002) Fruit (1/2 cup)	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Fruit (1/2 cup)	7.5955	7.5955
	<b>7.5955</b>	<b>7.5955</b>

\* Total includes one or more missing nutrient data.

(REC0012) Hamburger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle - Gluten Free Seasoned	16.8029	16.8029
Beef Patty USDA	0.8733	0.8733
	<b>59.4797</b>	<b>59.4797</b>

\* Total includes one or more missing nutrient data.

(REC0020 1) Hummus/Mini Pitas/Carrot Pack	Total Carbohydrate (g)	
	Recipe	Serving
Carrot, Baby IW 2.6oz	6.0736	6.0736
Hummus	31.0157	31.0157
Pita, Mini Dipper 2"	23.8733	23.8733
	<b>60.9626</b>	<b>60.9626</b>

\* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3	4

\* Total includes one or more missing nutrient data.



(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
	3	4

\* Total includes one or more missing nutrient data.

(REC120119) Lasagna with Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving - Elementary
Toast Texas - Garlic Bread - IW	14	14
Marinara Sauce Enhanced Bulk - Sub	10.8862	10.8862
Lasagna Rollup WG	28.7852	28.7852
	<b>53.6714</b>	<b>53.6714</b>

\* Total includes one or more missing nutrient data.

(REC130103) Macaroni & Cheese - Recipe	Total Carbohydrate (g)	
	Recipe	Serving(s) - 1 cup
Cheese Cheddar Shredded	8.5049	0.2835
Alfredo Sauce RF	191.4748	6.3825
Pasta - Elbow Dry WG	819.9998	27.3333
Cheese Yellow Sauce Pouch	176.6667	5.8889
	<b>1196.6462</b>	<b>39.8882</b>

\* Total includes one or more missing nutrient data.

(D1300) Marinara IW	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7	7
	<b>7</b>	<b>7</b>

\* Total includes one or more missing nutrient data.

(R13900) Milk 1%	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16	16
	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.



(R13901) Milk Chocolate FF	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	20.9999	20.9999
	<b>20.9999</b>	<b>20.9999</b>

\* Total includes one or more missing nutrient data.

(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4	0.22
	<b>4</b>	<b>0.22</b>

\* Total includes one or more missing nutrient data.

(REC0014 1) Orange Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Chicken Mandarin Orange Jr.	19	19
	<b>72.9999</b>	<b>72.9999</b>

\* Total includes one or more missing nutrient data.

(REC16090315) Pico de Gallo	Total Carbohydrate (g)	
	Recipe	Serving - 2oz
Tomatos, Roma	27.5843	0.5517
Cilantro, fresh	0.5872	0.0117
Lime Juice	7.5863	0.1517
Pepper, black ground	0.3677	0.0074
Yellow Onion	42.3655	0.8473
Salt, Granulated Iodized	0	0
	<b>78.491</b>	<b>1.5698</b>

\* Total includes one or more missing nutrient data.

(F16902 2) Pizza 5" Cheese Deep dish IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza 5" Cheese Deep dish IW	36	36
	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.



(F16092626 2) Pizza - Beef Pepperoni Round 5" IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza - Beef Pepperoni Round 5" IW	35.9999	36.5979
	<b>35.9999</b>	<b>36.5979</b>

\* Total includes one or more missing nutrient data.

(REC0041) Salad Bar/ Pack Salad	Total Carbohydrate (g)	
	Recipe	Serving
Salad Mix	3.3679	3.3679
Tomatos, Cherry/Grape	1.1028	1.1028
Cucumber	3.0873	3.0873
	<b>7.558</b>	<b>7.558</b>

\* Total includes one or more missing nutrient data.

(F1910020) Sandwich Grilled Cheese	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.0001	41.0001
	<b>41.0001</b>	<b>41.0001</b>

\* Total includes one or more missing nutrient data.

(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String - SUB	0	0
Cracker Honey Graham	17	17
Soybutter & Grape Jelly - Wowbutter - 2.4oz	28	28
	<b>45</b>	<b>45</b>

\* Total includes one or more missing nutrient data.

(F200117) Taquito, Beef Bulk - Gluten Free	Total Carbohydrate (g)		
	Recipe	Each	Serving, 2 pc
Taquito, Beef Bulk - Gluten Free	27.7999	13.9	27.7999
	<b>27.7999</b>	<b>13.9</b>	<b>27.7999</b>

\* Total includes one or more missing nutrient data.



(REC0005) Teriyaki Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	36.6101	36.6101
Dumplings - Chicken and Vegetable	31.2604	31.2604
Sauce, Teriyaki	5.5124	5.5124
	<b>73.3829</b>	<b>73.3829</b>

\* Total includes one or more missing nutrient data.

(REC0007 2) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Chips Tortilla Rounds	30	30
Turkey Taco Filling	0.0476	0.0476
Cheese Yellow Sauce Pouch	5	5
Beans, Pinto LS	24.0064	24.0064
	<b>59.054</b>	<b>59.054</b>

\* Total includes one or more missing nutrient data.

(REC160119) Vegetarian Florentine Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Shredded Parmesan	221.1261	5.6699
Alfredo Sauce RF	191.4748	4.9096
Spinach, Raw	41.1635	1.0555
Penne Dry Pasta	1639.9996	42.0513
Spaghetti Sauce Bulk	261.9494	6.7167
	<b>2355.7134</b>	<b>60.4029</b>

\* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger and Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle - Gluten Free Seasoned	16.8029	16.8029
Veggie Burger Patty Bulk	6	6
	<b>64.6064</b>	<b>64.6064</b>

\* Total includes one or more missing nutrient data.





(REC0010) Veggie Nuggets with FF and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle - Gluten Free Seasoned	16.8029	16.8029
Crackers - Wheat	30	30
Vegetarian Nuggets, Vegan Soy Morningstar	19	19
	<b>65.8029</b>	<b>65.8029</b>

\* Total includes one or more missing nutrient data.

(REC0005 1) Yogurt/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String - SUB	0	0
Cracker Honey Graham	17	17
Yogurt Vanilla 4oz Danimals NF	28.0987	28.0987
	<b>45.0987</b>	<b>45.0987</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/2/2024, End = 9/30/2024)
Menu Plans	(Elementary Lunch 2024-25)
Nutrients	(Total Carbohydrate)